



BULLETIN 1

National Orienteering League - Round 4 - Middle Distance NSW State League 5 - Middle Distance Saturday 10th May 2025

National Orienteering League - Round 5 - Long Distance (Hagaby Format) NSW State League 6 - Long Distance Sunday 11th May 2025

Welcome to the Central Coast of NSW to experience a great area close to amenities in Olney State Forest. Revisit this area last used for the Xmas five days 2023. The area is a mix of complex gully systems with low visibility and a track network combined with open gully spur slopes with scattered rock features. NOL classes will be available for the elite classes as per [OA NOL Rules](#). Sports class is available for the middle-distance race only. Full State League classes for senior, junior (13yrs-20yrs) and sub juniors (<13years of age).

Entry Fees

Members	Middle	Long
Senior	\$30	\$30
Junior	\$20	\$20
Sub Junior (<13yrs)	\$15	\$15
Family Max (2S + 1J)	\$80	\$80
Elites NOL entry		
M21E, W21E M21Sport, W21Sport	\$35	\$35
M20E, W20E M20Sport, W20 Sport	\$35	\$35
Non-Members		
Elite / NOL classes	\$40	\$40
Senior	\$35	\$35
Junior	\$25	\$25
Sub Junior (<13yrs)	\$20	\$20
Family Max (2S + 1J)	\$95	\$95

Accommodation Options

As the Central Coast is a leisure and holiday destination there are many options available from camping to Airbnb or hotels and motels. Closest Central Coast suburbs to the forest are Wyong, Tuggerah, Jiliby, Berkley Vale.

Mingara Club (located in Tumbi Umbi) has accommodation on site and a large venue for dinner in a variety of outlets. There is also an indoor 50m pool, hydrotherapy pool and play pool plus a gym. It is a half hour drive from the forest.

If you prefer a beach location add 5-10 minutes to the trip to stay near Shelley Beach.

Program

Saturday 10th May 2025

National Orienteering League starts from 12:00

NSW State League 5 Middle starts from 1:00pm

NOL Course Setter: Julian Dent

NOL Controller: Nick Dent

State League Controller: Colin Price

State League Course Setter: Nick Dent

Map: Olney State Forest **Scale** 1:7500

Courses Middle	Classes	Approximate Length
Hard 1	M21E, M20E M35A	4.8km
Hard 2	W21E W20E M21Sport M20Sport M18A M40A M45A M50A M55A	4.0km
Hard 3	W21Sport W20Sport W18A M16A M60A M65A W35A M21AS	3.0km
Hard 4	W16A W40A W45A W50A W55A W60A M35AS M70A	2.7km
Hard 5	M75A W65A W70A M45AS M55AS W21AS W35AS W45AS W55AS	2.3km
Hard 6	M80A M85A W75A W80A W85A M65AS W65AS	1.5km
Moderate	M14A W14A M Open B W Open B	2.5km
Easy	M12A W12A Open Easy	2.5km
Very Easy	M10A W10A M/W10N Open Very Easy	2.0km

NOL Classes

Eventor Link: <https://eventor.orienteering.asn.au/Events/Show/21129>

Sunday 11th May 2025 Time: 9:30am
National Orienteering League Long Distance (Hagaby format)
NSW State League 6 Long Distance

NOL Course Setter: Julian Dent

NOL Controller: Nick Dent

State League Controller: Colin Price

State League Course Setter: Nick Dent

Map: Olney State Forest **Scales** 1:10000 (Courses Hard 1, Hard 2, and Hard 3)
and 1:7500 the rest

Course	Class	Approximate Length
Hard 1	M21E	11km
Hard 2	W21E M20E M35A M40A	8.8km
Hard 3	W20E M18A W35A M45A	7.7km
Hard 4	M16A W18A W40A W45A M50A M21AS	6km
Hard 5	M55A M60A M65A W50A M35AS	5.1km
Hard 6	M70A W16A W55A W60A M45AS W21AS	3.7km
Hard 7	M75A W65A W70A M55AS W35AS W45AS W55AS	3.4km
Hard 8	M80A M85A W75A W80A W85A M65AS W65AS	1.7km
Moderate	M14A W14A M Open B W Open B	3.7km
Easy	M12A W12A Open Easy	2.5km
Very Easy	M10A W10A M/W10N Open Very Easy	2km

NOL Classes

Eventor Link: <https://eventor.orienteering.asn.au/Events/Show/21130>

Entries closing date Sunday 27th April

EVENT DIRECTOR

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